

# *Fried Chicken Dumplings with rice in a brown ginger sauce*



## Ingredients

- 1 package wonton wrappers
- 3 lbs chicken breast
- 1 bunch Chinese lemon grass
- Zest from one lemon
- 1 small container Chinese 3 spice
- Triple ginger sauce
- 1 scallion
- Parsley
- 1 c canola oil
- 1 lb white rice
- Salt
- Pepper
- 1 c chicken stock
- 1 can yellow corn

Cut chicken breast in half lengthwise and sauté chicken meat with 1 tbsp of oil in pan about 6 minutes each side. Finely chop the chicken or put it in a food processor for 10 seconds. Finely chop the lemon grass then add it to the chopped chicken meat. Mix in the zest of one lemon and salt and pepper to taste, 1 tbsp of Chinese 5 spice, and the drained can of corn. Open wonton wrappers and place on wax paper or parchment paper, then fill with 1 tsp of chicken mix per wrapper.

Oil the outsides of the wrapper and pinch the edges together to hold in – this will form the dumpling.

Steam the dumplings in a Bamboo steamer (if available) or boil in shallow water for 2 – 3 minutes. Dry with a paper towel.

In a large skillet, take the remaining oil and heat it on high. Place the wontons in carefully and turn until golden brown.

Cook the rice per instructions on container. After frying the dumplings, drain the oil from the skillet, then add the ginger sauce and 1 c chicken broth. Let boil for 2 minutes then add any vegetable you prefer such as chopped scallion, asparagus tips, carrots, etc. and simmer for 3 – 4 minutes.

Pour the mixture over the rice – garnish the plate with fruit like mango spears or watermelon triangles and enjoy!